

11-29-2018

ISSO Weekly Newsletter, November 29, 2018

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Recommended Citation

University of Northern Iowa. International Students and Scholars Office., "ISSO Weekly Newsletter, November 29, 2018" (2018). *ISSO Weekly Newsletter*. 123.

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ISSO Weekly Newsletter

Thursday, November 29, 2018

ACTIVITIES AND EVENTS

International Coffee Hour TODAY!

Free coffee, tea and refreshments every Thursday from 3-4 during our International Coffee Hour. Our goal is to bring people together, share event information, and spread awareness of the international community on campus.

Muffin Monday December 3

Enjoy some strawberry and chocolate chip muffins from 9:30-11 am in the Center for Multicultural Education in Maucker Union.

De-Stress Fest December 4

Come to the Center for Multicultural Education on Tuesday, December 4 from 4-6 pm to de-stress for success before finals week! There will be 3 activity stations for students: Self-Care: Make natural hair and skin products, vision boards, and more! Sensory: Make tie blankets, slime, stress balls, and more! Mindfulness: Learn about mindfulness techniques you can use daily to de-stress. Supplies for crafts during activities are FREE to anyone participating.

De-Stress Days December 3-5

Join Student Wellness Services and the Student Health Advisory Committee for De-Stress Days. This is a relaxing event to de-stress during the week prior to finals week. There will be mini massages, therapy puppies-in-training, coloring, walking, meditation and other activities. It will be held from 11 am-2 pm on December 3-5 in the Old Central Ballroom of Maucker Union.

CAB Maucker Movie "Crazy Rich Asians" December 5

Crazy Rich Asians will be shown on Wednesday, December 5 in the Maucker Union Central Ballroom at 7 and 9:30 pm. Pizza and cookies will be provided.

Ankara Night December 8

The purpose of Ankara Night is to inform others about traditions that have a negative impact on Africa as a continent. Discussion topics will be sexual assault, the deaf community, bleaching and colorism, and refugees. It will be held in the Old Central Ballroom of Maucker Union at 7:00 pm on December 8.

UNI Ukulele Club

Come join the UNI Ukulele Club which meets on Wednesdays from 6-7 pm in 116 Russell Hall. Beginners are welcome and ukuleles are provided!

Korean Language and Culture Club

Are you interested in learning about the Korean language and culture? Join the [Korean Language and Culture Club](#). Contact Dongyub Back at backd@uni.edu.

International Students in Business

[International Students in Business \(ISB\)](#) is a business student organization created to become the voice of international students to support both academic and professional success. Bi-weekly meetings 6:00 pm - 7:00 pm @ CBB Hall of Flags. Leadership opportunities are available. If interested, please contact at shahina.amin@uni.edu or parksaf@uni.edu.

IMMIGRATION

Full-time Enrollment Requirement

This is a friendly reminder that all F-1 and J-1 students must be registered as full-time students. (12+ hours of undergraduate credit or 9+ hours of graduate credit). Being enrolled less than full-time without proper approval will result in the loss of your good immigration status and may prevent you from earning your UNI degree. Even worse, you could be arrested and deported from the USA! If you have questions, do not ask your friends, but ask the professional staff in the International Students and Scholars Office. You should review the reminders on our web site (<https://isso.uni.edu/immigration>) at least once per semester. Exceptions to the full-time rule are: certain academic difficulties (improper course level placement, initial difficulty with American teaching methods), medical/health reasons, final semester of study, and graduate students working full-time on research or dissertation. ALL of these exceptions MUST be approved by the Immigration & Advising Coordinator in advance!

HEALTH AND WELLNESS

Health Hub Newsletter

Check out the November issue of [Health Hub](#) for events and services offered by the Health Clinic, Student Wellness Services and the Counseling Center.

Make Time to Take Care of You

As we go about our busy schedules, it can often be difficult to slow down, take a break, and consider getting some much needed rest before our health begins to spiral. Here is a list of ways to exercise self-care and ensure steps toward a healthier and better life. The top three on the list are (1) know your limits; (2) get enough sleep; and (3) make nutritious choices. See attachment. Follow [UNI Student Health](#) on Twitter for more tips to take care of your mind and body.

Homesick on Holidays

It is not uncommon that homesickness strikes you during the holiday season. When you see the decorations and the empty campus during holidays, the feeling of "homesick blues" may occur. Sometimes, it is the other way around. Some holidays that you enthusiastically celebrate in your home country are nonexistent in the US. You may experience the "homesick blues" when going to classes or work without the day off, knowing everyone in your home country is celebrating. Many people share similar feelings when they are overseas during the holiday. You are not alone. Here are some tips to help you survive it. (1) Feeling homesick on holidays is okay; (2) Surround yourself with people during the holidays; (3) Keep in contact with your family and friends; (4) Celebrate your holiday in creative ways; (5) Learn and observe local traditions about different holidays.

SUBLEASER WANTED

Subleaser Wanted

One female subleaser needed for 4 bedroom apartment located at 2616 Olive Street. Rent is \$325 per month. Sublease is from 12/16/18 to 5/28/19. December's rent will be covered. Contact ayalagv@uni.edu.

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International Students and Scholars Office

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Office hours 8:00 a.m. to 4:30 p.m

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